

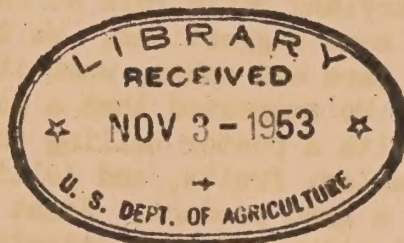
# Let's Talk Extension Nutrition



With Evelyn L. Blanchard, Nutrition Specialist

October 2, 1953

For your information



Dear Coworker:

## Colorado Workshop

Specialists and agents from 10 different States attended the workshop. The specialists who attended were: Janet Cameron, Virginia; Janet Coblenz, Maryland; Mildred Dunn, New York; Inez Eckblad, Washington; Estelle Fournet, Louisiana; Jewel Graham and Leslie Smith, Iowa; Jimmie Nell Harris and Louise Mason, Texas; May Stanek, Colorado; and Ramona Voss, North Dakota. We will all recommend Colorado as an excellent place to hold a workshop.

The first committee reports from the workshop, 4-H Foods Project Committee Report and Report of Program Planning Committee, were sent to you previously. The third, Committee Report on TV, is enclosed with this letter.

The 4-H Club and YMW Programs Division asked for copies of the 4-H Project Committee Report to send to the States, so it appears that committee did a fine job. Janet Cameron came out with the attractive mimeograph, Teen-Age Food, which she worked out at the workshop as a member of this committee.

## Ideas From Radio

The Ohio Department of Health gave me permission to mimeograph Nutrition and You, a new radio series. It has some excellent ideas for a series of programs on nutrition that some of you may want to consider for your own State. The scripts are not yet available, but they have promised me a set which I shall be happy to share with anyone interested.

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U.S. Department of Agriculture, Extension Service, Washington 25, D.C.



On the National Farm and Home Hour show, August 29, Sadye Adelson, of BHNHE, brought out a point which you may wish to consider in your 4-H work: "A real essential for diet improvement is to have young people get together in their classrooms and clubrooms to talk about better diets. Young people can help put a finger on why some boys and girls eat more poorly as they grow up, and they surely have ideas on ways to counteract this tendency."

### Maryland State Fair

Janet Coblentz, nutrition specialist, Maryland, and I inspected the baked and canned products at the Maryland State Fair at the request of the superintendent that we offer some suggestions. We thought the material was just a display, with rows of jars and cakes, when it could have been made into an educational exhibit. We suggested that a good jar of typical Maryland fruit be displayed with a poster telling the reasons it was good. Perhaps jars of common vegetables, fruits, and jellies could also be displayed with a description of a good product. Janet had lent them her poster of a good cake, and it attracted much attention.

### Films

Recently I have viewed some films that may be of interest to one or more of you:

1. Understanding of Vitamins (14 minutes). Encyclopedia Britannica, 220 East 44th Street, New York.
2. What's New in Cooking (34 minutes). Prepared by Dr. Ida Bailey Allen and the International Singing Chef. Obtainable from Beryle Kitchen, Amino Products Division, International Mining & Chemical Corp., 20 North Wacker Drive, Chicago, Ill.
3. Fraud Fighters (18 minutes). "This is America Series" Food and Drug Administration, Department of Health, Education and Welfare, Washington 25, D. C.

### Changes in Personnel

We have had several changes in nutrition specialists this year. Marie Doerman, New Jersey, retired this fall. We shall all miss seeing Marie at our meetings. Mary Jane Paterson joined the staff at Idaho, Mary E. Morgan at Ohio, and Marjorie Wormeck at Pennsylvania. Mary Sue May is health and nutrition specialist in Tennessee. We would like to welcome them to the group of extension nutrition specialists. Frances Cook is moving from Illinois to California. Three specialists are on leave taking advanced work: Eloise Cofer at the University of Chicago, Janina Czajkowski at Harvard, and Helen Denning at Teachers College, Columbia.

### Visitors

Karen Fladoes, of Nash Kelvinator; Kenneth Anderson, National Committee on Boys and Girls Club Work; Fern Shipley, associate leader of 4-H Club and YMW programs; and I worked on a revision of the booklet, How To Manage Your Time for Easier Meals. We appreciated the excellent suggestions we



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had received from many of you in planning the revision.

Dr. R. R. Williams, Research Corp., New York, and Dr. E. J. Lease, head of nutrition, Clemson College, South Carolina, came into the office to discuss furthering the program on cornmeal enrichment in the Southern States. The September Journal, American Dietetic Association, carried an article on cornmeal enrichment by Dr. Lease which will be of interest to many of you.

Extra Copies of Material

We were able to get some extra copies of "Proceedings of National Food and Nutrition Institute," Agriculture Handbook No. 56. If you wish copies for use of your home agents we will send them on a first come first serve basis. There are not enough, however, for all home agents.



## Announcing a New Radio Series

### NUTRITION AND YOU

Written and Produced by  
Ohio Department of Health  
Ohio Nutrition Committee

#### MEET THE MARTINS

This is the story of the Martin family and their nutrition problems. Bob and June Martin and their four growing youngsters discover that good nutrition is easy when they follow a few simple rules. Friends and neighbors join the Martins in helping themselves to good nutrition.

#### Program 1

##### 3 Meals Daily to Reduce

June Martin and her neighbor, Anne Miller, learn how to reduce safely without disrupting the family routine.

#### Program 2

##### Feeding the Family

June Martin takes her youngest boy to a well-child conference and gets some helpful hints on dealing with the fussy eater.

WITH: Miss Viola Woodruff,  
Nutritionist  
Akron Dairy Council

#### Program 3

##### Locking in Food Value

A nutrition consultant shows June Martin how to cook food without robbing it of nutrition values.

WITH: Mrs. Kathryn Ashcraft  
Home Economist  
Ohio Fuel Gas Co.

#### Program 4

##### The School Lunch

June Martin represents her PTA on a school lunch committee and learns about good school lunch programs.

WITH: Miss Izola Williams,  
Chief, Nutrition Service  
Ohio Department of Health

#### Program 5

##### Stretching the Food Dollar

The gentle art of getting the most for her money is explored by June Martin who learns that low cost meals can be nutritionally wise.

#### Program 6

##### Food for Older Folks

Grandma Martin talks to the Red Cross Nutritionist and discovers that there are still adventures in eating for older persons.

WITH: Miss Olive Walker  
Nutritionist  
Dayton Red Cross

This public service radio series is available through your local health department.